

Wujal Kaban Newsletter August 2023

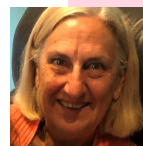
Welcome to
all the
new staff

Tania Edwards is a kiwi, a New Zealander. She has been exploring Aussie for the past 3 years, working for Regional Councils to pay for her travel. She fell in love with the area when she drove through Wujal last year. She loves the rainforest, the river and she wants to learn about indigenous life. She supports the Mayor and CEO with their administration needs. She wants to help Council operate more smoothly, how it supports community and improve systems.



Perry Gould has been self-employed within the plumbing/construction industry in Queensland for many years before taking up Engineering management roles over the past ten years. He has worked in Qld, NT, & SA in various Indigenous Communities. As the Operations Manager for Wujal Wujal, Perry he is enjoying the challenges of his role here, and wants to do more in training local community members in different roles.

Welcome to Helen Teece who is coordinator of the IKC. Helen and her husband Graeme lived at Wujal Wujal 1982-1984 while Graeme built houses in the community. They have lived on the Gold Coast, Ballina NSW, Brisbane and the Tiwi Islands. Helen has held many administration positions over the years & is enjoying making the library available to all the community.



Dallas Walker has joined the team in the office as receptionist. She grew up in Wujal Wujal and did her secondary schooling in Townsville before joining the Army Reserves for 7 years. Dallas has done a Certificate 3 in Business and has worked for the council.

Helen Rewko comes from Mt Garnet. Helen completed her Accounting studies as a mature age student and qualified as a CPA in 2008. She has worked at the Armajum Aboriginal Health Services, and in the Yarrabah Community and you can find her in the office as our Finance Manager.

Micah Nkiwane was born in Bulawayo Zimbabwe. He came to Cairns in 2007 and after completing his CPA Australia qualification, worked for Djabugay Aboriginal Corporation in Kuranda, and later Community Owned Enterprises. He had the privilege of working with indigenous people on their business plans and ideas and coaching them on governance, accounting and decision making, making grant applications and advocating on their behalf. He now holds the Manager Corporate and Commercial position in our office.



Keely Flinders is the Local Thriving Communities Initiative (LTCI) Coordinator with Wujal Wujal Aboriginal Shire Council. She's very excited to live in the community that she has lived in for most of her life. She wants to help the community and be a part of the of delivering best outcomes for her community and the people. Please don't hesitate to reach out to her.

Never miss an issue!! If you would like the monthly Wujal Kaban sent directly to your email address come and see the IKC or email info@wujal.qld.gov.au

BE CROCWISE IN CROC COUNTRY

Estuarine and freshwater crocodiles are an important part of north and central Queensland's wetlands, freshwater and marine areas. They are often the largest predator in these areas and help to maintain the overall health and balance of these ecosystems.

Estuarine crocodiles live mainly in tidal reaches of rivers, as well as in freshwater lagoons, swamps and waterways up to hundreds of kilometres from the sea. They can even occur along some beaches and around offshore islands. Estuarine crocodiles can be active at anytime.

Report crocodile sightings
CrocWatch 1300 130 372

You are responsible for your own safety, so please follow these guidelines and be crocwise in croc country.

- Obey crocodile signs—they are there for your own protection.
- Never swim in water where crocodiles may live, even if there is no warning sign present.
- When fishing, always stand a few metres back from the water's edge and never stand on logs or branches overhanging the water.
- Never clean fish or discard fish scraps near the water's edge or at boat ramps.
- Stay well back from any crocodile slide marks. Crocodiles may still be close and may approach people and boats.
- Keep your arms or legs inside of the boat when fishing.
- Never provoke, harass or interfere with crocodiles—even small ones.
- Never feed crocodiles—it is illegal and dangerous.
- Never leave food scraps at your campsite. Always check that previous campers haven't left any food scraps.
- Never prepare food, wash dishes or pursue any other activities near the water's edge or adjacent sloping banks.
- Be more aware of crocodiles during the breeding season—September to April.

Further information visit the Queensland Government website www.qld.gov.au



We are all aware that we have resident crocodiles in the river. We need to make sure our community is kept safe

We are looking for community members to come along and be part of the Rodeo organising committee.

See the CEO or email ceo@wujal.qld.gov.au to be involved in making the rodeo great for Wujal

WUJAL WUJAL

★ RODEO ★

23RD SEPTEMBER 2023

FOOD,
STALLS
KIDS
ACTIVITIES

LIVE
ENTERTAINMENT
7 TILL LATE

- ★ PODDY CALF RIDE
- ★ JUNIOR BULL
- ★ ROOKIE BULL
- ★ OPEN BULL

FOR NOMINATIONS & MORE INFORMATION
CALL CRCA OFFICE
0448767760
12-5PM
NOMS OPEN 13TH SEPTEMBER 2023

GATES OPEN 4PM
ENTRY PRICES
ADULTS \$30
PENSIONERS \$10
KIDS 13-17 \$10
KIDS UNDER 12 FREE
CAMPING \$8 PER PERSON

The 20th Anniversary of the Justice Group Celebrations

were held on June 20th. Three of the original organising group were present and received awards for their perseverance and patience in their desire to have a safer community, and have justice prevail in the tough times. Congratulations to Kathleen Walker, Doreen Ball, and Lily Yougie. Lachlan Walker gave a very interesting talk about the history of the Justice Group and outlined the many challenges faced in obtaining permanent policing in the area, the need for a group of advocates that help in court appearances, and the support for those facing court.

Local politician for the area - Leanne Enoch MP took part in the celebrations and spoke of the need for justice in communities and the support that the government provides. We thank the people in the Justice Group for the work that they do in our community now, and thank the police for their continual support.





We held the Togetherness Day on June 4th on the sport grounds. The children had fun on the jumping castle and the water slide. The community supplied a BBQ feast and pizza's could be purchased. The highlight was the open air concert in the evening when Troy Cassar-Daley sang many of the local's favourite songs. Following him was Black Image - our local boys who were joined by Mayor Bradley Creek for the closing song "You Fella Too Deadly Now". It was a great day/night for the community to share.





NAIDOC Week July 3-6 July

NAIDOC week began with a decorated vehicle parade through town & a welcome by Mayor Bradley. Each day there were children's activities in the hall and a community luncheon. Coloured Stone Band shared music workshops and we enjoyed their concert on Thursday night. Wednesday afternoon there were many awards presented to various community members. Taryle Stanley won the didgeridoo player competition. Awards were given to all children who participated in the colouring-in competition, and the school principal Ros awarded a few students for good attendance at school.

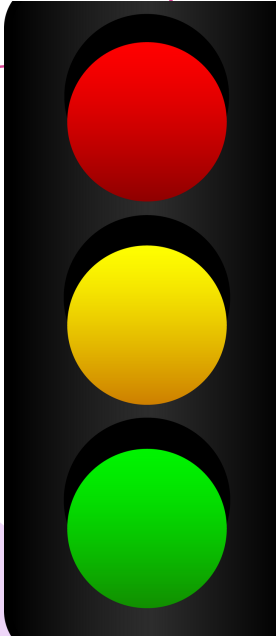


Your Health & Wellness is important

Do you have trouble working through your emotions? Do you understand how you feel at times?

Here is one way that may help you:

Try the Stop-light method of recognising how you feel



RED: feeling angry, aggressive, abusive, harmful. Stop being in the situation before it gets too bad. Walk away from it and take a few deep breaths and try to work out what has upset you so much. Maybe find someone to talk to, to help understand why you feel this way

YELLOW: feeling stressed, thinking it's going to get worse, you are feeling like you might not cope, or you know you are not coping - walk away from the situation, go for a walk, take a few deep breaths and take time out to think about why you feel this way, what is upsetting you and how can you manage it.

GREEN: Everything is OK, I'm feeling good. Maybe when you feel better you can talk to others about what you thought about while you were in the yellow and green light situation.

 **24/7 Mental Health Services**

 **Is it an emergency?** If you or someone you know is at immediate risk of harm, call **triple zero (000)**

Suicide Call Back Service <i>Anyone thinking about suicide</i>  suicidecallbackservice.org.au  1300 659 467	Lifeline <i>Anyone having a personal crisis</i>  lifeline.org.au  13 11 14
Beyond Blue <i>Anyone feeling anxious or depressed</i>  beyondblue.org.au  1300 22 4636	Kids Helpline <i>Counselling for young people aged 5 to 25</i>  kidshelpline.com.au  1800 55 1800
MensLine Australia <i>Men with emotional or relationship concerns</i>  mensline.org.au  1300 78 99 78	Open Arms <i>Veterans and families counselling</i>  openarms.gov.au  1800 011 046



If you get to the yellow or red stress levels, and think you might do something you will regret later, take a few deep breaths, remove yourself from the situation and think about what you are feeling and why you are feeling that way. Do you need to talk to someone? Remember there is help out there for you.

Locally see
the Justice Group
or the Clinic

Lifeline Indigenous
Helpline Phone 139276

On May 23/5/2023 a march was held through town to show the community that we stand together against domestic and family violence, and the abuse of our old people. It is important to recognise that this is not acceptable behaviour and try to help each other to manage how we look after and treat one another. We need to respect our elders and family members.

Elder Abuse Helpline

Free, anonymous and confidential assistance, 9am–5pm, Monday to Friday

- [1300 651 192](tel:1300651192) (Queensland only)
- [\(07\) 3867 2525](tel:0738672525) (rest of Australia)

This helpline is funded by the Queensland Government and operated by UnitingCare Community.

An experienced and trained operator will talk to you about your concerns and provide referrals to the relevant support services.

In an emergency, call triple zero (000).

[Other support services](#)

Help is available to stop elder abuse



BECOME A MENTAL HEALTH FIRST AIDER
to support young people aged 12 to 18.

About 1 in 4 young Australians experience a common mental illness each year. Youth Mental Health First Aid (MHFA) training will teach you practical skills to support an adolescent with a mental health problem. Make a real difference to the young people in your community.

YOUTH MHFA TRAINING BENEFITS

KNOWLEDGE	CONFIDENCE	DE-STIGMATISING	SUPPORT
Improves knowledge of mental illnesses, treatments and first aid actions.	Increases confidence in providing first aid.	Decreases stigmatising attitudes.	Increases the support provided to others.

"I found the course to be truly beneficial and useful to me as I interact with secondary school students on a daily basis. I have gained the necessary tools to recognize and help those in need." - Luca

MENTAL HEALTH FIRST AID Australia



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in young people
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 14-hour educational course, not a therapy or support group.



HOW DO I SIGN UP?

Please email: shamilton@rfdsqld.com.au
Please call: (07) 4040 0444 (ask to speak to Sonyah Hamilton)
This training is available to a maximum of 20 people

DATES 13 & 14 September 2023

TIMES 8:30am to 4:30pm

COST \$ FREE

VENUE Wujal Wujal Council

FACILITATOR/S

Teresa Gibson (RFDS)
Nic Madgwick (QLDHealth)

For more information, visit mhfa.com.au/courses



@MHFA_Australia



@mentalhealthfirstaid

If you are interested in attending this course, please email shamilton@rfdsqld.com.au



Dentist Wujal Wujal



12th, 13th & 14th SEPTEMBER 2023

Cardholders and children are treated for **free**

To get a card, talk to Centrelink on 13 24 90 or see your local Centrelink [representative](#)



If you are NOT a cardholder and you are an **adult** you will be charged a fee and will have to pay by **eftpos** or credit card on the day.

Come into the health centre and make an appointment or call 40430173



BAJABAJA OFFICIAL OPENING

Wednesday 16th August

12:30PM - 4PM

21 Hartwig St, Wujal Wujal



**WARMING CEREMONY +
LUNCH + YARNS**

ALL WELCOME

FOR OUR SAFETY

A fence has been put up alongside the sports ground to stop the wild bulls from coming into that area, and protect the oval from large foot-print holes. Thank you Nic from My Pathways. Access is available to community via the sports ground gates but please make sure they stay closed, especially at night.



One of the 3 bulls seen regularly in the area